

Colton SDA Newsletter

February 2011

Up Coming and On Going Activities

Girl Talk/Guy Talk



The Core and Family Ministries are presenting a series for young people to better navigate girl and guy relationships. The series begins *today*, February 19 at 2:30 p.m. Topics will include dating vs. courting, making wise choices, enjoying meaningful relationships. And fear not: a light lunch will be served to keep stomachs quiet.

The next talk will be on March 12 and will cover more topics pertinent to young people who are making the biggest and longest lasting decisions of their lives.

Ask Nestor or Mary Lou Domingo for questions.

Talent Show



Remember the parable of the talents? In order for the talent to grow it must be used. Well, here is your chance to use the talent God gave you for a good cause and for fun too. You

can tell a joke, sing a song, do a skit, do a dance,

recite a poem or play an instrument. Come and share your talent with the church on Talent Show night March 19. Sign-up in the new blue Core Room.



Okay, so your talent can't be displayed in a Talent Show, you can still support the Youth and Community Services Ministries by coming to dinner for \$4.00 and enjoying the talent show for \$3.00. Dinner starts at 5:30 p.m. and will be followed by the Talent Show.

Ask Nestor or Mary Lou Domingo for questions.

Snow Trip

Tubing at Alpine Slide in Big Bear will be on February 27. All are invited! We will meet there at 10 a.m. and enjoy fun and fellowship. It is \$25 per person or free if you are 6 years old or younger. Those under 6 have to slide with a partner who is at least 18 years.



Minors must have a permission slip and need to fill out the Alpine Slide release form in advance if your parents are not coming with you. Dress warm and bring a lunch or money to buy lunch. See Kristi Cruise for questions or to pick up permission slips and release forms.

Mark Your Calendars



Feb 19 (Sat) 11:00 AM - Children's Church (Multi-Purpose Room)

Feb 19 (Sat) 2:30 PM - Girl Talk/Guy Talk

Feb 26 (Sat) - Personal Ministries Sabbath / Seminar

Feb 27 (Sun) - Snow Trip: Alpine Slide, Big Bear

Mar 6 (Sun) 8:00 AM - Men's Ministry Service Project

Mar 19 (Sat) 5:30 PM - Comm. Svcs. Fundraiser Dinner/Talent Night

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Verse of the Month

But now abide faith, hope, love, these three; but the greatest of these is love.
1 Cor. 13:13
ASV

Women's Ministry

The Women's Ministry's fundraiser "Fit for God" series is going strong. It isn't too late to have a stronger healthier body this year!

There are also recipes, exercise tips, encouraging and words from the Bible .

Anyone can sign up in the Church Foyer! ARE YOU READY? You can do it! Si Se puede!

More information will follow when you sign up!

Teresa Padilla



Community Service Corner

Hello everyone ~ just a preview of what will be happening this year.

In conjunction with the Talent Night on March 19th, Community Services is coordinating a dinner fundraiser prior to the event. Please look for more information in an upcoming Church Bulletin insert.

We are also putting together another project—setting up a 'Sewing Session' here at the Colton Church focusing on making quilted blankets and possibly other fund-raising items all to be sold at the 'Parking Lot Fundraiser' event which we will be holding on September 25 in our very own parking lot. Other departments of our church will also be participating in this event. If anyone has any 'working' sewing machines to donate to the project along with any sewing accessories—good sheets, pieces of material, 'pins and needles', batting, scissors and other sewing items, it would be greatly appreciated.

HELP WANTED: We invite any sewing/ quilting/ embroidery expertise to the table. Entry level also welcome. All those wanting to help or learn are welcome – contact Laura Bauchert. It will be fun!

The International Breakfast will also be on the calendar this year—this time on April 10. We will try to come up with some new items that will be pleasing to everyone.

We will also be planning The 'Colton Express'

Train Trip August 7 and will keep you updated as time goes on. Plan your calendars accordingly.

We invite The Lord's Blessings in all that we do. Thank you all.

Laura Bauchert



Inspiration Section

Pastor's Perspective

Don't Lose Your Cool!

Have you lost your cool because of your children's misbehavior, with your spouse's insensitive remarks, with a coworker's rudeness, with your neighbor's noisy dog or with yourself for your lack of patience, discipline, self-motivation, and especially lack of faith in God? We often get easily irritated with other people around us regardless of who they are because of some personal emotional conflict within ourselves. Do you know what is irritating or bothering you? Often we find ourselves overreacting with strong emotion to other people because of some unknown reasons. If that is true, could it be that you are overwhelmed with the many activities entangling your everyday routine like work, parenting, cooking, meetings, school, church, and much more. Could it be that you are simply exhausted and stressed out?

Jeanne Segal, Ph.D., in the article, Building the Skills That Can Turn Conflicts into Opportunities says this; "If you are out of touch with your feelings or so stressed that you can only pay atten-

tion to a limited number of emotions, you won't be able to understand your own needs. If you don't understand your needs, you will have a hard time communicating with others and staying in touch with what is really troubling you. For example, couples often argue about petty differences—the way she hangs the towels, the way he parts his hair—rather than what is really bothering them... Conflict triggers strong emotions and can lead to hurt feelings, disappointment, and discomfort. When handled in an unhealthy manner, it can cause irreparable rifts, resentments, and break-ups. But when conflict is resolved in a healthy way, it increases our understanding of one another, builds trust, and strengthens our relationship bonds."

In the book of Numbers 20:6-12, it tells how Moses got irritated with the unappreciative people of God. The people complained for almost everything; when they got hungry, thirsty, ill, or felt threatened and afraid. The above Scripture says that Moses cried out to God for guidance to provide water for the people. God an-

swered by instructing Moses to speak to the rock and then water would gush out and the people could drink. Unfortunately, Moses was so overwhelmed with stress from the complaints of the people that he struck the rock two times instead of speaking to the rock as God instructed him to do. Moses lost his cool and expressed his frustration by beating the rock that represented God's physical presence.

Moses inflicted pain in the heart of God and hurt his relationship with Him because of his overwhelming stress which made him loose touch with his own needs. Moses' needs for affirmation, appreciation, support, confidence, and love were not being met. Moses found himself vulnerable to emotional explosion for his needs were not cared for and provided for from the people he loved most. Could it be that we can be vulnerable to emotion explosion if our need for love, appreciation, support and affirmation

are not cared for and provided for from the people we love the most? It also affects our attitude toward others and may lead us to inflict pain, as Moses did, to the heart of God.

I would like to suggest David's confession and prayer of redemption to be the conflict resolution for us to think about. Psalm 51: 10-13, 16,17, says, "Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit. Then I will teach transgressors Your ways, and sinners shall be converted to You... For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering. The sacrifices of God are a broken spirit, A broken and a contrite heart— These, O God, You will not despise."

Pastor Mataafa

Leadership and the Lighthouse

When you look at the leaders in the Bible, many names pop out as strong Christ-filled leaders for God. However, I would like to talk about two leaders: one from the Old and one from the New Testament, Moses and Paul. Moses' relationship with God was so strong he had to cover his face from the brightness of the experience. Paul wrote large sections of the New Testament and gave us some of the most complex and comprehensive theological writings in the Bible. However, let's press the rewind button on their lives and look at them before they were called.

Moses was spared from infant genocide by the Egyptian authorities in an event which placed Moses in the royal household. He was brought up with luxuries and power. Around the age of 40, he committed murder and fled for his life to another country. He went from the royal court to watching sheep for a relative. He was there for the next 40 years. God's timing came to fruition and He came to call Moses to deliver His people from bondage.

What did Moses say when God revealed His plan? "Thank you, Lord, I'm ready." No, that wasn't it. The solitary shepherd keenly felt his inadequacy for the task of leading a million souls. First he stated that nobody would believe him. Then, when God gave him two miraculous signs to perform, he then stated that he wasn't a good speaker. This back-and-forth conversation ended by God basically saying to get up, go and He would provide for all His plans through Moses and his brother Aaron. God even had to remind Moses to take his serpent-changing staff so Moses wouldn't have the excuse of not having it when he needed it. This was not really a glamorous beginning for the great leader he would become.

Saul was a leader in the Sanhedrin. He gladly persecuted the converts of the new "sect." His job was to uphold the laws and traditions of the Jewish people. He was well versed in the nuances of the Ten Commandments, the Levitical laws of the priesthood, sacrifices, and all the other customs of his people. He saw these new Christians as deserters, slanderers, and blasphemers.

While the Bible doesn't state if he actually threw any stones at the stoning of the first Christian martyr Steven, it does say that he looked on with approval. On his way to Damascus to carry on the fight

against these upstarts, he met his Creator in a dramatic fashion and his conversion took place. While he was physically blind, in an ironic twist of any great story, his loving Master opened his spiritual eyes to his errors. Saul then became Paul, the prolific writer and Christian fighter of the New Testament.



Paul's journeys throughout Asia Minor, Greece and the Roman Empire spread the Word and planted numerous churches along the way. His firm foundation in the Biblical precepts was now balanced with the love of Jesus Christ. Christ removed Paul's heart of stone and wrote His Words of love on his new heart. Paul's strength was found in his passion. Everything he did was wholehearted, giving all his efforts to the project before him. With his new heart and his new direction, knowledge of Jesus' life, love, and precepts took hold and has spread throughout the world.

The Holy Spirit worked in the lives of these two imperfect, sinful people. God's plan was magnified because they gave themselves to the task. Moses, slow to speak and quick to temper, lead the nation of Israel for 40 years from bondage to the doorsteps of the Promised Land. Paul changed his whole outlook from persecutor/prosecutor of God's people to defender of God's people.

The early Church grew because all members were a lighthouse or a city on a hill shining brightly in the darkness: their light could not be repressed or hidden. They all were leaders guiding others to Christ. The flame of the Holy Spirit showed brightly through them showing God's love to those around them. Were they perfect and blameless? They were still human and had the frailties inherent to their characters before the outpouring of the Holy Spirit. However, the spotless robes of Christ covered them, just as we can be covered when we call on the promises of our Lord. Just like the early Church, we can call on the Lord to cover our imperfections with His perfection, to strengthen our characters and remove our defects with His purity, so we can help finish the work started two millennia ago. Lord cover me, strengthen me, and cleanse me. Guide our Church to complete Your work so that we may live with You and sing Your praises.

Rob Cruise

Ten Commandments Series: Part One

As Moses came down from Mount Sinai he revealed to the people the two tables of stone on which were written the ten commandments of God. These were written by the finger of God. (Exodus 31:18) The Elders of the Colton Church have been asked to expound on them as to what they really mean to us or to write out our views as to why God gave us these commandments. These articles are to be for the news letter.

I have been chosen to write about the first and the second commandments. (I get two because they are so related to each other.) Therefore I will begin by asking the question many people ask. "Is their really a God?" Then some say if there is a God, "He is dead." How do we answer these thoughts?

Have you ever thought of the idea of how mankind came up with the idea of there being a "God?" Look, if man evolved just by "nature" where did the concept of "God" come from? You see in all cultures and people many seem to have a desire or a need to worship "something." It makes no difference what it is but man "must" worship something. Now if we evolved from lower animal life where did this concept get started? To me it should not even be in existence.

Biblically we could say that the idea first developed in heaven. You see Lucifer, the highest commanding angel, desired to set himself up as "god." He's quoted in Isaiah 14:14 "I will be like the most High." This desire to be in charge, to be the boss, to make all the decisions, seems to be part of our make up, as it was his. This is and of itself may not be wrong for it is God that placed this concept and desire in His created creatures. The problem we have with it is the same as it was for Lucifer; he desired the position without desiring the character of God. That character so pronounced in the life of Christ. He put aside His "position" and became one of His creatures. (man) Oh what love, what compassion, what selflessness, putting self aside in order to save others. You see we should try to become "like" God in character but not in position.

You know what I consider to be God's number one character? "LOVE." This is demonstrated by serving others first. Look at Matthew 20:27, 28 very carefully for this is our example. "And whosoever will be chief among you, let him be your servant: Even as the son of man came not to be ministered unto but to minister, and to give His life a ransom for many." What a different concept we have of the real God when we understand this principal. Now, Let us go back to the first commandment. God Knew that mankind would have a struggle with this "built in" desire to be a "god" so he warns us with the first commandment: "Thou shalt have no other

"gods" before me." Exodus 20:3 Or we may like it better as it is put in Luke 4:8 "Thou shalt worship the Lord thy God, and Him only shalt thou serve." To put this in my words I would say, "Do not place yourself, or anyone else above God." Look He is our creator and our redeemer. He also sustains us day by day. What he is really saying is, "I am in charge of your life. I will provide everything that you need in this life and in the next." Sounds like a good parent to me. He is taking care of all the necessities of life, not for a few short years like we do for our children but for eternity. Therefore He proclaims: (in my words) I created the heavens; I formed the earth and made it, I established it; I formed it to be inhabited; therefore I am the Lord; and there is none else." So God is saying that He knows that no one else can take His place. (Isaiah 45:18)

Now, since God placed this desire to worship in us He also knew what our perverted nature would be capable of doing. He knew that we would set up "things" that we would worship in place of Him. So He gave us the second commandment, "Thou shalt not make unto thee any graven images...thou shalt not bow down thyself to them, nor serve them." God knew what man was capable of doing, and how "far out" man could go. So putting Isaiah 44:14-17 into my own words. "He will take a tree and burn part of it in the fire to warm himself, yea he kindleth it, and baketh bread; he will cook his meat or roast it and then he will warm himself and say, aha, I am warm, I have seen the fire. Then he takes the residue of the tree thereof and makes a god, even his graven image; he falleth down unto it and worships it and prays for it to deliver him and save him and he will say 'thou art my god.'" Now we would call this "stupid" (pardon the expression) I would never do such a thing. Just remember that there are other ways that we form "images" to worship. In our "civilized" society we have things that we set up as our "gods" to worship. Do we not idolize our celebrities, our jobs, our wealth, our positions, our houses, our cars, and you name it. God is trying to say to us, "Don't place any of these things before Me. I am God and I alone am to be worshiped."

May the Lord give us the strength and understanding to choose to serve Him and Him only. I would like to stand with Joshua as he said in Joshua 24:15 "And if it seem evil unto you to serve the Lord, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the Lord.

Pastor Arthur Bell



Testimony

Writing one's own testimony is a frightening and vulnerable experience. But since I will ask others to write theirs, I must be willing to share mine. Also it seems that if we have no testimony or are too afraid to share, it is diminished. So it is with a humble heart that I will share mine.

I was born into a Seventh-day Adventist home. I first heard and understood the love of Jesus at a Heritage Singers concert. My parents were surprised that I wanted to be baptized at 9 years of age, but decided to allow it. The memory of my baptism still fills me with a sense of overwhelming love and acceptance. Many would say I was too young to know the full meaning of baptism. All I can say is that the Holy Spirit cared for my small childish faith and helped it to grow.

It seems the greatest growth occurs in times of testing; my story is no different. At the young age of 14 I met a young man who was not an Adventist, as a matter of fact he was not a Christian, but Jewish. Ironically if he had been a practicing Jew we would have had more in common spiritually. But he had no idea about the sacredness of Sabbath or about clean food and even worse he knew nothing about the Old Testament and, of course, nothing of Jesus. We dated steadily for 3 years and on and off for 2 more. I tried to convert him, but was never able to penetrate his thinking. Perhaps because my main reason for converting him was so I would be free to keep him in my life romantically. I really grew to hate the "unequally yoked" verse in the Bible (2 Cor. 6:14). In time, however, I began to realize lasting love has to be based on reality. The reality was that I would attend church alone, I would study the Bible alone, and more challengingly would have to raise children in the faith, not only alone but likely with opposition. I am so grateful that the Lord continued to remind me of these things until, with the help of distance (I was away at boarding academy and he was in college), I finally relented and ended the exclusive dating. For the next few years I wondered if I had made a mistake. This questioning led me to my first crisis of faith.

By dating outside my faith I had come face to face with the reality of being part of a "peculiar people." (1 Peter 2:9). By my late teens I thought, "Do I really want to be a SDA? Do I really believe the truth is in this church? There are so many other ideas and Christian faiths, can't they be right too?" I never questioned God's existence, there was far too much evidence in nature and in the complexity of the human body for me to question a creator. Nor did I question that Jesus had lived. But was Jesus really who He said He was? For the first time in my life I began to systematically read and study the Bible. Looking for answers, I read the Bible every day and would journal and pray about what I read. When I finished reading the New Testament I realized I had to make a choice, was Jesus really who He said He was or not? If He wasn't then He and the Bible were the biggest lie ever told, and Jesus was a lunatic. Or the Bible and Jesus were exactly what they confessed. I was convicted the Bible was true.

Now, firmly established as a Christian believer I then had to decide if what I had been taught all my life was in fact the truth. I must be truthful and say that the hardest part of my acceptance of the whole beliefs of the church was Ellen White. My parents in their wisdom never tried to argue or convince me of Ellen White's prophet status.

My Dad just said, "All I can say is that until you read some of her books you can not dismiss her." I have, by no means, read all of her writings but I did read *Desire of Ages* and the *Great Controversy*. She passed all the tests I knew from the Bible for a prophet. Most importantly she never strayed from the Bible nor the most important message: *Jesus died for our sins, rose from the dead and offers us everlasting life through faith.*

I next struggled with the idea the SDA church was the only church with all the revealed truth. The "whatever works for you is okay" ideology that is heaped on all of us by the secular world is very strong, especially for young people. I realized the truths our church teaches, some which are different from other faiths, are plainly taught in the Bible. True seekers of truth will find these truths because they are based firmly in the Bible and are available for believers of Jesus.

For many years I was happy and satisfied with my faith, until I reached another faith building experience. It began with me deciding that I did want to have children. The whole story of infertility is far too long to go into here, but I can say it made me question God and His love for me. I am an Ultrasound Tech. In my profession I met a lot, a lot of expectant mothers and not all of them seemed worthy of motherhood. I wanted to know why "they" could have children and God wouldn't let me have one. It was not until I fully surrendered that God could and would give me a fulfilling life without children that I discovered I was expecting. I wish I could say this was my last big test but it wasn't.

Even before JayJay was born I began to feel an amazing sense of inadequacy for motherhood. The whole delivery experience only magnified that feeling. By the time JayJay was 10 weeks old I had a serious case of post-partum depression. One day I called Rob home from work because I was losing it. It sounds so simple in that line, but I must have paged Rob more than 20 times in less than 20 minutes. I was desperate. Rob came home and I left in the car like a rocket. I had no idea where I was going but soon found myself on a steep and slippery mountain road. These thoughts were going through my mind, "If I went over the cliff here, no one would even know it was on purpose. JayJay deserves a better mother than me. Rob could definitely find a better wife and a better mother for his son. They would be better off without me. Rob would still get my life insurance..." Fortunately I was listening to Christian radio at the time and the Holy Spirit used the sermon to speak to my heart. The sermon was about Ruth and Naomi. Talk about two women who had every reason for depression! And yet Ruth, a new convert, was willing to believe that God would and could take care of them. In that moment I realized God cared for me and would help me. All of my prayers had been, "please make things better." Now I began to pray, "please help me through it." I didn't recover immediately. It took months for me to come to a healthy place. Through this experience God created in me a more patient and understanding heart, which allows me to relate to others who have had emotional pain.

Do I have all the answers? Nope! Does God have more to teach me? Absolutely! Will there be more struggles ahead? Yes. But I do know that God, personified in Jesus, loves me and will always be with me. I may not understand the reason for everything, but I can trust God's loving heart to lead me. That's my testimony so far. What's yours?

Kristi Cruise

Activities Report

Colton/Fontana Elders Breakfast

On January 23 the Fontana church hosted an elders breakfast for the elders and spouses of both churches. The breakfast was delicious and warming on the very windy Sunday morning. With full stomachs the group was lead in devotionals by Pastor Mataafa and the head elders of both churches.

The group then discussed how to make our group activities better and to increase our knowledge of each church and their emphases.



Valentine's Weekend Relationship Seminars

The Singh's provided an informative, inspirational, and humor filled seminar. We learned about the differences between men and women and how to apply that to our marriages and to other interpersonal relationships during the Friday night session. The Sabbath sermon covered the major destroyer of relationships. Pastor Singh



described how anger ultimately erodes any relationship. It is Jesus that can heal our souls and remove the worst scares and the anger that comes from them.

In the afternoon



session we heard from Juanita Singh, she covered how to care for our relationships so they will grow and flourish. Following her talk the group divided into male and female groups to discuss special concerns for each group.

The evening, through a Gary Smalley video, we learned how to use our pain for the betterment of ourselves and others.

Above all we were reminded that with Jesus as the foundation any relationship can be a success.

Valentine's Potluck



Thanks to the Social Committee for sponsoring a lovely Valentines potluck. The decorations and the valentine craft were full of love to be shared with the one or ones we love.



Baby Dedication



Samuel and Annabelle Venegas were dedicated to Jesus on February 12. It is a blessing to see a family dedicated to leading young hearts to the love of Jesus Christ.

Helen and Bud Farewell

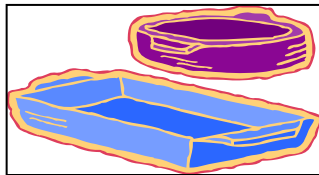
With sad hearts we say so long to Helen and Bud Kovarick as they embark on a new stage of their lives. We wish you the Lord's blessing on your new home.



Recipe

Veggie Bean Casserole

- 2 medium carrots, diced
- 2 celery ribs, chopped
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 3 garlic cloves, minced
- 2 tablespoons vegetable oil
- 2 tablespoons chili powder
- 1/2 teaspoon ground cumin
- 1 can (28 oz.) diced tomatoes, undrained
- 2 cups frozen corn



- 1 can (16 oz.) kidney beans, rinsed and drained
- 1 can (15 oz.) garbanzo beans, rinsed and drained
- 1 can (15 oz.) tomato sauce
- 2 tablespoons picante sauce

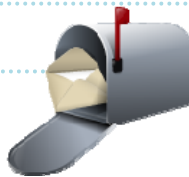
In a large oven proof saucepan or Dutch oven, sauté the carrots, celery, onion, green pepper, and garlic in oil for 5 minutes. Add chili powder and cumin; sauté 2 minutes longer. Stir in the remaining ingredients; bring to a boil. Cover and bake at 350° for 45-50 minutes or until thickened and vegetables are tender.

Kristi Cruise

Recipes are needed. Please think of recipes you would like to share and submit them!

Mailing Information

This newsletter is designed for mailing to friends and family. However the Post Office will require 60 cents for mailing if you do not remove the staples. It is recommended to remove the staples, fold the newsletter and tape it closed. If done in this way the letter should only cost the price of a first-class stamp. It is our hope that this newsletter



can be an evangelism tool and an encouragement to our members. If you cannot, for any reason, mail a newsletter but would like for someone to receive one, please provide a name and address to Kristi Cruise and she will make sure it is mailed.



Mailing Address

880 W. Laurel Street
Colton, CA 92324

Street Address

1291 Rancho Avenue
Colton, CA 92324

Phone: 909-825-9344

Increasing member communication



This newsletter was sent to you by a member of the Colton SDA Church.

Church Mission Statement

To provide a grace-filled environment where a diversity of worshipers may experience the healing love of Jesus through the ministry of the Word, the community of prayer, the fellowship of God's family, and the opportunity to serve.

Contribution Instructions

The mission of this newsletter is to provide communication and inspiration for our church members. If you would like to contribute, please contact Kristi Cruise at jrklijcruise@sbcglobal.net or home phone (909) 872-0394. The next Newsletter will be distributed March 19. Please turn in your articles or photos by Tuesday, March 15 before 5:00 pm.

What's In A Name?

The many names given to Jesus are familiar to most who have read the Bible, unless the consonants have been removed. Add the missing consonants to the vowels below to reveal some of Jesus' names.

Example" IAUE = Immanuel

1. AA and OEA
2. I and OI A
3. OO EE
4. I A
5. I of I
6. A of O

7. AE
8. IE of IE
9. OO of EE
10. UE IE

* * * * *

This should help, finish Isaiah 9:6: "And He will be called... _____, _____, _____, _____."

How many did you get correct?

- 1-3 : Increase your Bible study Time
- 4-6 : Keep up that studying
- 7-9 : You have been paying attention

10 : You are king or queen of Bible Trivia! Look for the answers next month.

Answers to last month's quiz:	4. Barsabbas a.k.a. Justus a.k.a. Joseph	8. Ishmael, Hagar's son
1. Psalm 117	5. Amram, with some dispute	9. Peter, James, and John
2. Hanaiah, Mishael, Azariah	6. 930 years old	10. Nathanael
3. Matthias	7. Cephas	